

# Fall Prevention in a Community: Seniors Take Control of the Aging Process with Sign Chi Do

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## Problem

Arizona fall rate in 2000 for adults over the age of 65 is 1442.7 per 100,000

Unintentional falls reduce the independence of men and women over 65 yrs

Decreased physical activity and poor balance increase the risk for falls

## Purpose

Increase physical activity and improve balance scores among men and women over 65 yrs

## Research

Research reviewed suggested:

- Physical activity and social support are important for successful aging
- Balance training reduces risk for falls
- Sign Chi Do will improve balance and increase muscle strength for older adults

## Innovation Description

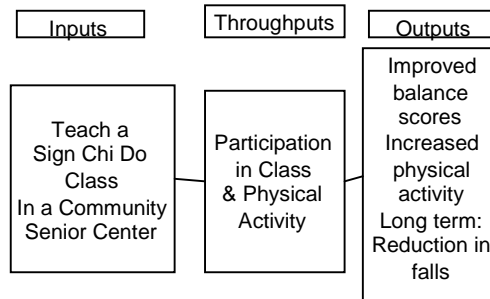
- Teach Sign Chi Do class in a senior center to improve balance scores and increase physical activity to reduce the risk of falls



## Conceptual Framework

### Systems Model

Shi, L. & Singh, D. A. (2004). *Delivering health care in America: A systems approach (3rd ed.)*. Boston: Jones and Bartlett Publishers.



## Implementation Protocol

- Obtain consent from participants
- Conduct pre screening and post screening using Timed Up & Go (TUG) and Physical Activity Recall (PAR) scores
- Teach class for four weeks
- Evaluate participant satisfaction with program

## Evaluation

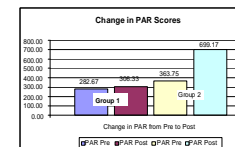
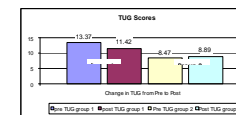
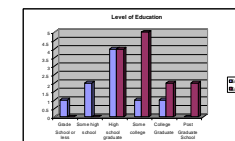
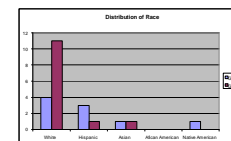
- Measure amount of physical activity and balance scores before and after class
- Monitor activity two weeks after class ends

## Results

Group 1: PAR consisted of household activities (n=9)

Group 2: Reported more formal exercise suggesting a more active lifestyle (n=13)

- Post survey reported 11% of all participants continued to do Sign Chi Do



## Recommendations

- Consistent with the literature, social support is needed to maintain the activity so continue classes at senior centers
- Monitor pre and post scores after 3 and 6 months to evaluate effect of Sign Chi Do over longer period of time